SENIOR CENTERS MARCH MENU

Carbohydrate servings are posted at each center with recommendations for diabetes management. Your \$2.50 donation is appreciated so all can eat. This menu is low sodium/low fat.

Monday	Tuesday	Wednesday	Thursday	Friday
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Birthday Monday!	Sliced Turkey	Pork Fried Rice	Taco Salad Casserole	Salmon Burger
Meatloaf	Poultry Gravy	Scandinavian	Cheese	Brussels Sprouts/
Brown Gravy	Red Potatoes	Vegetables	Corn chips	Corn/Carrot Mix
Whipped Potatoes	Green Beans	Pineapples	Mexican Gumbo	Spring Compote
Stewed Tomatoes	Butterscotch Pudding	Rye Bread	Hot Pineapples	Hamburger Bun
Garden Vegetables	Honey Wheat Bread	Ranger Cookie	Multi Grain Bread	Tartar Sauce
Multi Grain Bread	Bananas	11.11.11.11.11.11.11.11.11.11.11.11.11.	Lettuce/Tomato/Onion	Chocolate Chip
Birthday Cake 2	3	4	5	Cookies 6
Turkey Noodle	Beef Patty	Ham & Bean Soup	Broccoli Rice Chicken	Veggie Shepherd's
Casserole	1967 F. 19 19 19			1577
Green Beans	Brussels Sprouts	Hot Spiced	Chuckwagon Corn Fruit Cocktail	pie Cheese
	Spiced Peaches	Applesauce	Multi Grain Bread	
California Vegetables Dinner Rolls		Lemon Pudding		Yellow Squash
	Lettuce/Tomato/	Biscuit	Oatmeal Cookies	Spiced Peaches
Whipped Fruit Mix	Onion	Tossed Salad		Rye Bread
	40	Ranch Dressing	40	Ranger Cookies
9	10	11	12	13
Chicken Curry	St. Patrick's Day!	Beef Bowtie	Pork Rib Patty	Macaroni & Cheese
Brown Rice	Corned Beef	Casserole	Teriyaki Sauce	4-Way Mix
Cauliflower	White Potatoes	Cheese	Cream of Vegetable	Vegetables
Multi Grain Bread	Cabbage	Italian Blend	Soup	Lemon Pudding
Oranges	Carrots	Peas	Pineapples	Rye Bread
177	Rye Bread	Dinner Rolls	Bun	Tossed Salad
	Green Sugar Cookies	Fresh Fruit	Cole Slaw	Dressing
16	17	18	19	20
Beef Fiesta Macaroni	Pork Roast	Salisbury Beef	Mozzarella Chicken	Seafood Salad
Casserole	Sweet & Sour Sauce	Pepper/Onion Gravy,	Cheese	Provencal Vegetable
Cheese	Spiced Mashed Yams	Confetti Rice	Rotini Pasta	Soup
Cabbage	Garden Mix	Spring Mix	Brussels Sprouts	Tropical Fruit Mix
Corn O'Brien	Applesauce	Vegetables, Fruit Mix		Hamburger Bun
Honey Wheat Bread	Multi Grain Bread	Honey Wheat Bread	Honey Wheat Bread	Lettuce/Tomato/
Oranges	Tossed Salad	Chocolate Chip	Apples	Onion
1-0-0	Italian Dressing 24	Cookies 25	\$8530	27
CANADA AN HESSAS SAME. AN	Marin Model			
Turkey Pot Roast	Stroganoff			
Pot Roast Gravy	Bowtie Pasta			MEALS ON
Whipped Potatoes	Broccoli au Gratin			WHEELS
Carrots	Cheese			MENUS MAY
Banana Pudding	Green Peas			VARY
Multi Grain Bread	Wheat Bread			VENIXI
Fresh Fruit	Peaches			
30	31			